



Desserts

Macaroons



Ingredients.

250 g	almond flour
300 g	icing sugar
100 ml	water
330 g	sugar
160 g	egg whites

*Made by Jens Bäck
Sørensen*



Preparation.

1. Sift the almond flour and the icing sugar. Mix it in a bowl.
2. Measure 110 g of egg whites and 30 g of sugar and whip on high speed on a mixer until you have a nice fluffy merengue.
3. Put the water and 300 g of sugar into a pan on the stove. Let the mix come to a boil, and carefully measure the temperature until it reaches 113°C. Then slowly mix in the warm sirup with the merengue. Let the mixer run on medium speed and take your time with this process.
4. Carefully mix in the flour and icing sugar with the merengue. It is important not to leave any lumps. At the end, mix in the last 50 g of egg whites. This will smoothen and liquidise the mix slightly.
5. Put the mix into piping bags, and pipe out on silicone mats fitting a 1/1 GN tray. They should be around 3-4 cm in diameter when piping.
6. Let the macaroons rest on the trays for 25-30 minutes before baking.



Bake using the following cooking steps.

- Preheat - 160 - 1 minute
- Insert tray (giving an alarm)
- Hot air - 140° - 20% fan speed - open exhaust - 20 minutes



Recommendation of the tray:

[Baking mat silicone 1/1 GN](#)



Chef's tip.

To colour the macaroons, mix in the colouring with the last 50 g of egg whites before stirring.
You can fill the macaroons with many different tasty creams, but some of the favourites are buttercream with raspberries or a classical chocolate ganache.

